/103 cont./

619 728 After a battle of the Masai among themselves, the conclusion of peace is that the speakers, in the presence of a number of warriors of both parties, exchange their skin capes and sandal thongs. This is called etabaschage megitin = exchange of skin capes.

726 701 484 The length of the stretches covered on war expeditions, in comparison to that of their neighbors carrying on agriculture, is often astonishing. Performances of 60 to 80 kilometers a day, three or four days in succession, are by no means exceptions. If one considers, [702] however, that the training of warriors consist only of marching, that, [276] aside from their weapons, they carry nothing heavy, and before their marches, as well as during them, they partake copiously of stimulants, their performances in no way exceed those of a German infantry troop. The tales of the caravan people relate miraculous things about 701 182 147 271 the speed and endurance of the Masai warriors, and even European travelers have contributed to the spread of this legend in that they compare the physical performances of the Masai with those of the Europeans in the tropics. The untenableness of such a comparison is obvious. One also often hears how the Masai are admired for their alleged ability to be able to give up the drinking of water on their marches. Presumably this rumor arose from the fact that these people, in contrast to other tribes, never carry a gourd bottle of water on their 701 182 271 long migrations. The Masai, however, knows perfectly every little spot of the steppes, he knows every rocky basin, every tiny spring, he also knows where an apparently dry brook bed carries subterranean [823] water. Where water has collected in old hollow trees, and especially in baobabs, this is accessible to him through a series of steps made [824] out of foot-long taps bored in horizontally. Finally, there are a number of water-rich roots and tubers, which, chewed, are very well suited 701 182 222 by their water content to quench thirst. They serve him, /104/ just as the wild honey, not infrequent in the steppes, also serves as food on the march. A cuckoo bird, the honey indicator (Cuculus indicator, called [825] [136] eñ joboroi by the Masai), leads the Masai to the concealed honey holes. As soon as it sees human beings it calls with a strident sound and then flies slowly to the nearest honey place, to which the people follow it [825] in order to take out the honey. If the amount found is still not sufficient for the warriors, they bury the chewed comb, whereupon the bird, after

/358 cont./

824 108. en ɛ̀ɛ̀rɛ̀wɛ̀ɛ̀ or ɛ̀ɛ̀ɔgɔ (Triumfetta rhomboidea Jacq.).

109. ol ɛ̀ɛ̀ɔ (Microglossa oblongifolia Hffm.). Arrow shafts are made from the branches. The inflamed eyes of cattle and the ulcers caused by horseflies -- especially also by Dermatobia noxialis -- are washed out with an extract of the leaves.

110. ol ɛ̀ɛ̀ɛ̀gɔ̀ɔ (Pluchea Dioscoridis Dec.). A grass feared for the eyes of the livestock because of its sharp spikes.

111. ol ɛ̀ɛ̀ɛ̀gɔ̀ɔ ɛ̀ɛ̀ɛ̀ (Vernonia brachycalyx O. Hffm.).

112. ol ɛ̀ɛ̀ɛ̀gɔ̀ɔ l ɔl gare (Laggera alata D.C.). The twirling sticks (ol birɔɔ, ol tirɛ̀ɛ̀ɛ̀) of the fire lighter are made from the branches.

113. ol ɛ̀ɛ̀ɛ̀gɔ̀ɔ ɔlbor (Microglossa volubilis D.C.). Same use.

- 6nil 114. ol ɛ̀ɛ̀vɔ (Sarcostemma viminale). The Plant is chewed as [illegible] on marches.

115. en ɛ̀ɛ̀ɛ̀gɛ̀ɛ̀ (Lactuca capensis Thbg.). Fodder for small livestock.

116. en ɛ̀ɛ̀mɔ̀ɔ̀ɔ̀ɔ̀. Warriors like to use the branches to make bed padding on marches.

/359/ 117. en ɛ̀ɛ̀mɔ̀ɔ̀ɔ̀ɛ̀ɛ̀ or en ɛ̀ɛ̀mɔ̀ɔ̀ɔ̀ɛ̀ɛ̀ (Pennisetum spec.). Good fodder gras, especially for cattle.

118. en ɛ̀ɛ̀mɔ̀ɔ̀ɛ̀ (Sporobolus marginatus Hochst., Sporobolus spicatus Kth.). Good fodder gras, especially for cattle.

119. en ɛ̀ɛ̀ɛ̀ ɔɔlɔ (Amaranthus viridis L.). Fodder for small livestock. The El kuafi, as well as the Negroes, prepare a spinach-like vegetable from the young leaves.

120. ol ɛ̀ɛ̀ɛ̀ l ɔl gise (Justicea scruminata Sw.). Fodder for small livestock, especially for goats.

121. en ɛ̀ɛ̀ɛ̀ ɔɔlbor (Chenopodium ruvale L.). Fodder for small livestock.

122. en ɛ̀ɛ̀ɛ̀ ɛɛ ɔɔgɔ (Trianthema pentandrum L.). Livestock fodder.

123. ol ɛ̀ɛ̀ɔlɔgwa (Psychotria spec.). The shrub is regarded as harmful. Its fruits as immediately poisonous for small livestock.

124. ol ɛ̀ɛ̀ɔlɔgwa ɛɛɛ (Pavetta spec.).

125. ol ɛ̀ɛ̀ɛ̀ɔɔl (Commiphora spec.). Rubbing with the oil of this tree is used for the parasitic skin eruption called ol lebede.

824 /369/

170. *oig ôlôsôm* (Senecio longiflorus D.C.). Fodder for small livestock.

171. *oi ôsosôm* (Cissus Oliveriana [Engl.] Gilg.). Fodder for small livestock.

172. *oi ôtôi* (Achyranthes aspera L.). Fodder for small livestock.

173? *oi ôtôi lôlô* (Achyranthes spec.). Fodder for small livestock.

174. *oo lôlôrôt* (Cucuta cernuiflora A.B.E.). Fodder for small livestock.

175. *oi lôlôdol* (Hallera oxyanciana [Asc.] Hemsl.).

176. *oi lôlô* (Hedundia verticillata Vahl.). Edible fruits.

177. *oi ôlôpôlôdol* (Pavonia Kraussiana Hochst.). Fodder for small livestock.

178. *oi ôlôlôlô* (illegible) Shrub is regarded as prized fodder for donkeys.

179. *oi gatarlar* (Ocimum basilicum Gilg). Secret medicine of the *oi gatarlo*. Clubs and ear plugs are carved out of the hard, heavily marked wood.

180. *oi galawai* (Commiphora spec.). Fodder for small livestock.

181. *oi gaiôrai* (Physalis minima L.). A few twigs are placed in the first bath of the newborn child as protective magic against sicknesses of all kinds.

182. *oi gôlôlôpô* (Oxygonum sinuatum [Hochst. ex Dcl.] Dcl. ex Rb.). Fodder for small livestock. These moist leaves are eaten along the way as thirst-quenching.

[291] 183. *oi gôlôlôpô lôlô oi gôo* (Oxygonum sinuatum). The stems are chewed as thirst-quenching.

[291] 184. *oi gaiandai kiok* (Rumex abyssinicus Jacq.). Livestock fodder. The leaves are eaten along the way as thirst-quenching.

185. *oi gaiandai ee ninyo*. Use like the above species.

[242] 186. *oi gôô* (Phaseolus aff. schimperi Taub.). Fodder for small livestock. Children eat the roots.

187. *oi gôlôsôl* (Didesmandra Schimperi T. And.). If cattle have fever, they are given the plant, sprinkled with wood ashes, to eat.

[291] [242] 188. *oi gôlôlôlô*. As protective magic against lions, the person spending the night alone in the open enyppe or in the bush ties a twig on a stick and plants this in the ground beside him.

/364 cont./

824 316. ol gisaserian (Eremopogon nonovachyus [Vahl] Pilger). Good cattle fodder.

317. ak gilelil (Eucastrum lepopetalum [DC.] Engl.). Good goat fodder. The leaves are also eaten as a vegetable by the el kaafi.

318. ol gilelil (Ollusia Volkensii Gilg.). The simple dose of this nerve-stimulating remedy consits of the decoction of a piece of bark approximately five square inches in size, which is drunk as desired in the course of the day.

319. ol girgiri (Pterolobium lacerans R. Br.). Shield hoops are made from the twigs.

320. ol girishori (1)

1. Here and there Indigofera hochstetteri Vike.

(Tephrosia subglabrata Hutch.). Goats are said to die if they eat a great deal of this.

321. ol gilila (Aristida adscensionis L.). In general good fodder grass, but cattle do not like to eat it when it blooms, because they dislike the smell of the blossom.

322. ol gilila sibor. Good cattle fodder.

323. ol gilogi (Acacia pennata Willd.). The wood is used to make bows and shield hoops. Bark powder is blown into the noses of calves and small livestock to drive away the maggots of the warble fly.

324. ak gilotilogol (Micromeria biflora [Hamt] Bth.).

325. ol gilotoi (Haemanthus nov. spec.). The extract of a cut-up, approximately tot-sized bulb is one of the means of inducing the ol lenkuma sickness. The use of this drug is not as common as that of the other stimulants.

326. ol gil lolonisia (Anthonotheca glabelliflorum K. Sch.). The large tuber is eaten to quench thirst on the march.

327. ol gilolig (Clerodendrum Hildebrandtii Vike.). To cure the ol lenkuma sickness the cattle are given an infusion of leaf extract mixed with some milk.

/366 cont./

824 260. ol gurachaschi l os subertai (Barleria cephalophora Lindau (?).

2. A new species.

A root decoction is drunk to treat muscular rheumatism.

261. ol gïschirè (Fanetia stenoptera Hoch.). Fodder for donkeys.

• [261] 262. eñ gïsïlgè (Rivea kituiensis [Vthe] Hall.). The tuber is chewed en route on marches to quench thirst.

/367/ 263. ol ïsïrïa (Anticharis linearis Bth.). Fodder for small livestock.

264. eñ ïsïrïa l ol asurai ilïro l ol jakit subugi (Barleria inuncunata Lindau). A person bitten by a snake is set over a wood fire on which are thrown leaves of the plant, together with sheep hair, to cause him to perspire profusely from the smoke thus created.

265. ol idobdob on dare - eñ gaisedjoi.

[751] 266. eng ischoógï. From the plant the ol olbeni makes an amulet against fever.

267. ol logïno (Boerhavia plumbaginea Cav.). Good fodder for small livestock.

268. ol lógïnoŏ (1)

1. Designation of the Masai.

(Pentas zanzibarica [Kl.] Vthe.). Older men drink a root decoction as a remedy for muscular rheumatism.

269. en ïbörï (Tephrosia aff. Uhligii Harms). Good fodder for small livestock.

270. en ïlïgöi (Grewia spec.). Good fodder for small livestock.

271. ol ïnï ïnŏ (Turraea Volkensii Gürke).

272. ol ïnï ntŏk (Bersama Volkensii Gürke). The warriors like to use the soft twigs for making bed padding on marches.

273. ol ïnï ormŏj (Glossonema Revolii Franch.). Good livestock fodder.

274. ol ïnï l ol sirgon (Cadaba farinosa Forsk.). If donkeys eat a great deal of this, it causes severe constipation, which is said to be frequently fatal.

/369 cont./

824 [801] 332. ol mogolgura, a liana not infrequent in the river forests. The root bark, smelling strongly like vanilla, is twisted, ropelike, and worn by men and women as a neckband. It also finds use as a secret medicine of the ol oiboni and the ol gotatiki.

333. ol mokoras (Albizzia anthelmintica Brongn.). One or two hand-sized pieces of trunk bark or root bark are pounded with a club into fibers and held for a few minutes in boiling meat broth for steeping. This soup is used by warriors as a nerve stimulant, by [832] women as an aphrodisiac. To cure gonorrhea, one adds a small amount of honey to the broth before drinking it. An extract that is made with double or /370/ triple the amount of bark is used to get rid of taeniae and ascarids, or also as an emetic for bilious fever. The fresh bark bast is chewed for constipation.

[842] 334. ol mimut (Solanum nigrum L.). Children eat the berrylike fruits.

335. ol mirĕn (Ocimum suave Willd.). A root decoction is used as an emetic.

336. ol meridjot or ol merijot (Acocanthera abyssinica). The arrow poison is obtained from the roots and wood by boiling.

337. ol mareh I ol dare.

338. 'mashgeju (Maerua rigida Oliv.). From the powdered root [751] the ol oiboni makes an amulet that is supposed to protect one against colds and fever.

339. ol muguti kitok (Caralluma spec.). The soft, fleshy twigs [2911] are eaten by warriors on the march, by boys tending cattle, to quench thirst.

340. ol muguti I ol kŏlĭlĭŏ (Euphorbia spec.). Hyenas allegedly eat this plant.

341. ol muguti I ol ngare.

342. ol mŏmbŏ (Acacia abyssinica Hoch.). Fodder for small livestock.

343. ol munjagara (1)

1. Also called ol gĭlĭmbĭ.

(Aralypha indica L.). Good fodder for small livestock.